REALM OF FAIR WOMEN.

The Relation Which Cooking Bears to Happiness in the Life of a Wedded Couple.

A Pen Picture of the Young Woman Who Compels the Respect of All.

Sweet Soup Making a Popular Amuse ment in West Virginia The Latest Thing for Church Fairs.

"The very light manner in which American girls and women toss off the oft-quoted Meredithism that 'civilized man cannot live without cooks' is only another instance at certain fixed rates per word or line, but of the national lack of reverence for really serious things," quoth a lady of broad culture and large experience, who was one of a group of female summer boarders at a well known mountain resort. Some of the younger members of the group were inclined to treat the subject jokingly and to shrug their pretty shoulders over the idea of there being anything serious in so material a question, but their elderly friend would have none of their flippancy.

"I assure you, girls it is my firm conviction that more divorces are to be traced to the fact that American women know nothing about cooking than to any other one cause under the sun. It is, in nine cases out of ten, 'the little rift within the lute,' out of ten, 'the little rift within the lute,'
the entering wedge, the apple of discord
thrown into the newly formed and apparently harmonious domestic circle, to create
discontent, alienation and final dissolution.
Cooking is an art which no woman should
fail to acquire, the rudiments of which
should be incalculated with the three R's,
and the finer touches added with the finishincoff effects, of her waying descripts, and and the finer touches added with the finishing-off efforts of her music, drawing and French masters. The few cooking schools that have been established and the very limited accommodations that have been made for teaching the subject practically in a few of our larger institutions of learning are totally inadequate to effect the results required to remedy the almost universal signorance of American women upon this important subject. The matter should go deeper; the importance of the subject should be preached from the housetops until every woman shall feel as much ashamed of not knowing how to cook as she would of not knowing how to cook as she would of not knowing how to write her name. The number of people who can afford to hire French cooks is so limited as to exclude that way out of the difficulty from the general question. The art of living, of dining, is an outgrowth of civilization which cannot be ignored, and coming as it does, entirely within ways and the subject within the control of the control of the subject should be general question. not be ignored, and coming, as it does, en-tirely within woman's province, should receive her most sereious attention, since the results to be obtained are well worthy of her highest efforts and utterly redeem the apparent meanness of the occupation. It is the wise woman who will study her husband's material tastes and cater to them; it is the sensible and rightly beloned woman. band's material tastes and cater to them; it is the sensible and rightly balanced woman who will descend from her asthetic and sentimental heights long enough to realize that 99 per cent. of this fire is material, and that by nourishing her husband's body well she is really improving his morals. You will tell me that I am talking platitudes, that you have heard all this before, but you cannot hear it too often. This subject of cooking is of far more importance to women than that of suffrage, or prohibition, or faith cures. It is the key to the social problem, the padlock to the divorce courts." And the enthusiastic elderly boarder, quite warmed up by her own eloquence, gathered up her knitting and marched off to her room, while certain of the younger matrons whose consciences the younger matrons whose consciences were whispering to them the secret meaning of little domestic clouds, went off to ponder these things in their hearts—perhaps to profit by them.

What She Is.

The Detroit Free Press says: Some sensible observer of human nature, who has a good eye for measurements, has drafted some articles setting forth the characteristics of the young woman who unconsciously compels the respect and admiration of all persons whose respect and admi-ration are worth having. For instance: She is fond of a jolly good time. She can joke and laugh and be gay; but she never

oversteps propriety.

She has ideas of right and wrong, and is She has ideas of right and wrong, and is anxious to live according to these ideas.

This does not make her prudish, even though she does not drink champagne to excess, smoke eigarettes and play poker for small stakes.

In fact, she is careful of her behavior and does not think it necessary to be fast in order to be received.

der to be popular.

She is independent, and young men who

meet her at once respect her.

She will not dance with any young man who may ask her to, and the "boys" do not like her because she will not come down to

their level.

She can talk intelligently on almost any subject which may be brought forward, and her conversation shows that she has done some good, honest, original thinking. She has ideas about the books she reads—and these books have ideas also. She has thought about the various social problems which are prominent in the attention of the world, prominent in the attention of the world, and is able to put these thoughts into words She does not talk of such things all the time by any means. She can talk a little nonsense if occasion requires. Her nonsense, however, stops this side of silliness. She is, however, eminently a sensible girl. She does not want to vote; she does not want to be a consense to the corrections.

She does not want to vote; she does not want to doctor or make laws; she does not care to start e the world with her knowledge. She perfers to be a young woman, and to live up to the nobility the term implies.

Indeed, she is ambitious to be a woman who will make her home attractive to and beloved by her family. She believes that to satisfy this ambition will give her quite as much work as she can do well.

She is an earnest, kind-hearted woman.

She is an earnest, kind-hearted woman, doing a great deal of good in the world, without any ostentatious display or loud talk. She rather seems to hide her good When doing good she does not put on a

long face, but with smiles and cheering words seems to turn the thoughts of the troubled into pleasant channels.

Her influence is very great, although

She gains very warm personal friends, who would do anything for her. She is a woman who represents the highest type of a human being, and is sure to be appreciated and to succeed in life. oftentimes unconscious,

Sweet Soup Making.

"I found a peculiar custom up at Shepherdstown, W. Va., where I spent my vaca tion," said a gentleman to a Washington Post reporter, "which was a novelty. The people have what they call 'soups.' A 'soup' is a sort of outdoor picnic. Each person invited brings a dressed chicken. The host provides the vegetables. The chickens and vegetables are put into huge kettles holding ten to twenty gallons, and cooked over open fires for several hours until the combination is reduced almost to a jelly. combination is reduced almost to a jelly. Pepper and other seasoning are introduced. The young folks stir the soup with long handled iron spoons, walking around the kettle as they stir. When a girl's spoon clicks against the spoon of a young man he is bound to catch and kiss her. As you can imagine, there are a good many lively scrimmages around the kettle. When the soup is done it is ladeled out into plates and eaten, and is delicious. The custom is an old one and I was unable to find its

origin. A company of Stonewall Jackson's command was recruited around Shepherdscommand was recruited around Shepherdstown and still keeps up the organization. It
has a reunion every year and celebrates the
occasion with a grand 'soup.' A 'soup' of
that company to be properly gotten up
should be made of stolen chickens, but the
veterans have had to give up foraging since
the war, and now make a compromise with
necessity by going around in squads and
robbing each other's hen roosts by a prearranged understanding."

New Feature for Church Fairs. Some brilliant woman with a busines

head upon her shoulders has invented a new feature for church fairs called the advertising spread. Business houses and firms are visited, and are requested to send in their advertisements printed upon a twelveinch square of white cotton cloth. These are taken in hand by the young ladies of the church, and the printed lettering entirely covered with the Kensington stitch in colored silks. The squares are then sewed together after the manner of a patchwork quilt, the border neatly finished off with lace and ribbon, and the completed spread is hung up in some conspicuous part of the fair hall so that "He who runs may read." is modestly requested to contribute what ever amount his pocket-book and bump of benevolence may admit of, the result being generally more satisfactory to the fair or-ganizers of the fair than to the contributor, who has at least the consolation of feeling that he has been fleeced in a good cause.

Upholstery at Home, The Shaker rockers, as they are most im

properly called, which we buy for 90 cents

apiece and use for one summer upon the piazza and throw away because of broken splints and decrepit rockers, can be success fully treated by the home worker, and made to fill an important part in house furnishing, says the same magazine. One of the old chairs thus transformed and promoted to an honored place in the sitting-room was deprived of its broken down rockers and the badly damaged splints which had made the seat. A new seat was made by sewing strong duck across the bars which had held the splints. A loose cushion stuffed with hair was made of ticking, and tacked down upon the duck. The back, which was in-geniously made uncomfortable by wooden slats, was also suplied with a hair cushion, tacked down in many places and well se-cured to the slats. Across the top of this cushion was sowed one of the broad steels cured to the slats. Across the top of this cushion was sowed one of the broad steels used for dress extenders; without this support the cushion would sag in the middle after the fashion of most home-made upholstering. The outer cover, which made the chair beautiful, was made of pale blue satteen, ornamented with Edelweiss flowers scattered on full face without either stems or foliage. The woolly surface of the Alpine snow flower was well imitated by cutting the petals from cream white felt or broadcloth and fastening them down with white silk in outline stitch. The centre must be worked with olive silk in French knots. If a pattern for the Edelweiss cannot easily be procured, dogwood blossoms, applied in the same way and of the same material, would be very pretty in their place. At some fancy stores the dogwood flowers are sold already cutout for applying. The white cotton velvet, of which they are made, shows soil so quickly, however, that, while they are fastened to the cupboard upon which they are sold, it is a good plan to dust them with pale pink powder, such as is sold for waxwork, rubbing it in lightly with the finger. The shade should be of the lightest, or the flower will have an unnatural look.

Curious hair recipes occur on some of the papyri, some of which are very absurd. One to prevent the hair from turning gray directs that a salve should be made from the blood of a black calf cooked in oil; in another that of a black bull is preferred for the same object. Evidently the color of the animal was to pass through the salve into the hair.

In another place we read of the tooth of a In another place we read of the tooth of a donkey, dipped in honey, being used for really strengthening the hair and the in-gredients for an ingenious compound are given for injuring the hair of a rival, and the counter remedy to be used by those who think their hair oil has been tampered with

by a suspicious friend.

Cakes of some composition which absorbed oil were always placed on the heads of the guests and through them the oil gradually trickled down through the hair. A most disagreeable practice this may seem to

most disagreeable practice this may seem to
us, but to them it appears to have given
great pleasure; and with the Egyptians as
well as with the Hebrews oil was symbolical
of joy and gladness.
Rouge and other coloring substances
were used by Egyptian women to enhance,
as they thought, their beauty. The eyes
had often a green line underneath them;
the lashes and eyebrows were pencilled in
black, and, as in modern Egypt, the nails
were always stained red with a preparation
from the henna plant. from the henna plant.

A Complaint.

A stout woman has recently been complaining that the fashion newspapers and magazines print no plates that give fleshy women any satisfaction. She avers that none but women of slender, graceful figures can study these plates to any advantage, and declares that a foreigner who saw these periodicals would suppose that all women in America were of willowy proportions. And yet the number of such, reports the New York Sun, is said by modistes and dealers in wearing apparel of women to be a small minority. American women, and es-pecially those who have the means to dress in accordance with fashion's decrees, are inclined to decided plumpness, and the re-grets of such, when they examine the elab orate plates displaying handsome garments on suple-formed women, may be imagined. But the makers of these magazines smile when these complaints are brought to their ears, and declare that to print realistic plates for stout women would cause others to smile, too.

Cough! and Cough!! and Cough!!! What in the world is the reason you will cough and keep coughing, and still keep trying inferior medicines when Beggs' Cherry Cough Syrup will positively relieve your cough at once? This is no advertising scheme, but an actual fact, and we guarantee it. For sale by all druggists. R. S. Hale & Co., wholesale and retail agents.

Home Testimony.

HELENA, Oct. 7, 1887. I was suffering from an unusally bad cough, my lungs were sore and congested, and I consulted one of the best physicians in Helena, whose prescriptions failed to relieve me. I became alarmed, and at the suggestion of a friend purchased a bottle of Aker's English Remedy for coughs, and after taking it according to directions was completely cured. I therefore cheerfully recommend it.

I had a racking cough and inflamed throat and bought a bottle of Acker's Eng-lish Remedy upon the recommendation of a friend, and was entirely cured by it. I con-

daily between St. Paul and Minneapolis and Milwaukee and Chicago, are the perfection of modern railway equipment, and are unsurpassed in the world. They consist of elegant day coaches, Pullman's latest and best sleeping cars and the finest dining cars in the country. These trains are lighted by electricity and heated by steam, and afford to the traveler every comsteam, and afford to the traveler every com-fort and convenience to be had at the very best hotels. All classes of tickets are hon-ored on these trains and the rates are no higher than by other lines. It is for this reason that discriminating travelers pat-ronize this company and insist that their tickets read over its line, as they naturally want the best service for their money.

Hood's Sarsaparilla is purely a vegetable preparation, being free from injurious ingre-dients. It is peculiar in its curative power.

The Verdict Unanimous.

W. D. Sult, druggist, Bippus, Ind., testi fies: "I can recommend Electric Bitters as the very best remedy. Every bottle sold the very best remedy. Every bottle sold has given relief in every case. One man took six bottles and was cured of rheumatism of ten years' standing." Abraham Hare, druggist, Belleville, Ohio, affirms: "The best selling medicine I have ever handled in my twenty years' experience, is Electric Bitters." Thousands of others have added their testimony, so that the verdict is unanimous that Electric Bitters do cure all diseases of the liver, kidneys or blood. Only half a dollar a bottle at R. S. Hale & Co.'s drug store.

Herculean Strength

Continually on the strain, or overtaxed at intervals, is far less desirable than ordinary vigor perpetuated by rational diet and exercise, and abstention from excess. Profess ional pugilists and athletes rarely attain old age. As ordinary vigor may be retained by a wise regard for sanitary living, and for the protection against disease which timely the protection against disease which timely and judicious medication affords, so also it may be lost through prolonged sedentary labor, uninterrupted mental strain, and foolish eating and drinking, the chief and most immediate sequence of all four being dyspepsia. For this condition thus, or in any way induced, and for its offspring, a failure of muscular and nerve power, Hostetters Stomach Bitters is the primest and most genial of remedies. Not only indigestion, but loss of flesh, appetite and sleep are remedied by it. Incipient malaria and rheumatism are banished, and kidney, bowel and liver complaint removed by it.

People Who Fret. "Care killed the cat," is a well known old saw. The force of it is in the fact that fret and worry will kill even an animal which is popularly said to have nine lives. Fretting and worrying may not kill you, but
they will shorten your days, and what happiness is there in a life all cankered with
care? But how avoid worry?. Well,
Americans travel more than any other people on the globe, and probably discomforts
and delays in traveling cause us greater annoyance than all other sources of fretting
combined. The great Burlington system combined. The great Burlington system reaches all the principl cities of the west, and if you always select it as your route, you can banish fretting forever, so smooth is its track, so sumptuous and luxurious are its cars, and so appetizing and well cooked are the meals served on its diners. For are the meals served on its diners. For tickets, and any information about this "People's favorite," call on your local agent, or write to W. J. C. Kenyon, Gen. Pass. Agent, C. B. & N. R. R., St. Paul, Minn.

tests, but her vital organs were undermined and death seemed imminent. For three months she coughed incessantly and could not sleep. She bought of us a bottle of Dr. King's New Discovery for Consumption and was so much relieved on taking the first dose that she slept all night and with one bottle has been miraculously cured. Her name is Mrs. Luther Lutz." Thus writes W. C. Hamrick & Co. of Shelby, N. C. Get a free trial bottle at R. S. Hale & Co.'s drug

When Raby was sick, we gave her Castoria, When she was a Child, she cried for Castoria, When she became Miss, she clung to Castoria. When she had Children, she gave them Castoria



ane importance of purifying the blood can not be everestimated, for without pure blood you cannot enjoy good health. At this season nearly every one needs a good medicine to purify, vitalize, and enrithe blood, and Hood's Sarsoparials is were strengthens and builds up the system. an appetite, and tones the direction it eradicates disease. Give it a tri Prepared by C. L. Hood & Co., Lowell, Mac-100 Doses One Dalla-

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All kinds of merchandise and other freights soluding ores, promptly transferred from the depot.
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